



Coconut Marshmallows



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



96

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon coconut extract
- ☐ 0.3 cup cornstarch
- ☐ 1 cup plus light divided
- ☐ 0.8 ounce powdered gelatin
- ☐ 0.3 cup powdered sugar
- ☐ 2 cup granuated sugar
- ☐ 12 ounce water divided

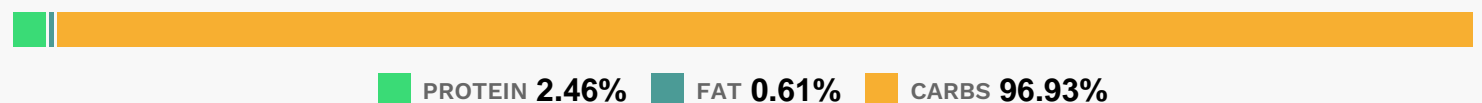
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ spatula

Directions

- ☐ In a kitchen aid bowl add 6 oz of cool water and gelatin. Gently stir and allow blooming – about 5 minutes.
- ☐ Place the kitchen aid bowl over a small pot of boiling water (Bain Marie) and stir to dissolve the gelatin – about 3–4 minutes. In a separate nonstick medium pot add remaining 6oz of water, sugar, and $\frac{3}{4}$ cup of light corn syrup. Stir gently just to combine with a clean spoon. Over medium heat bring the sugar mixture to 240 degrees without stirring.
- ☐ Remove from heat and add in remaining $\frac{1}{4}$ cup of corn syrup – stir to combine. With the mixer running on low, slowly pour hot mixture into the kitchen aid bowl with the gelatin that has been dissolved. Once the hot sugar has been completely added, whip with the whisk attachment on medium high for 12– 15 minutes or until light and fluffy. Whip in 1 Tablespoon of coconut extract.
- ☐ Combine powdered sugar and corn starch in a small bowl. Spray a 9×13 in metal pan with nonstick cooking spray and dust lightly with cornstarch mixture.
- ☐ Pour marshmallow into the prepared pan and smooth out with a lightly sprayed spatula. Allow to cool uncovered over night or for at least 4 hours. Turn marshmallow out onto a surface dusted with remaining cornstarch mixture and cut into desired shapes. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:3.43, Inflammation Score:1, Nutrition Score:0.048260869782256%

Nutrients (% of daily need)

Calories: 29.77kcal (1.49%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.51g (2.73%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 2.91mg (0.13%), Alcohol: 0.05g (100%), Alcohol %: 0.55% (100%), Protein: 0.19g (0.38%)